

STEPS Coalition Newsletter

January 2016 Newsletter

Thank you for reading the STEPS Coalition newsletter. We hope your new year is off to a great start!

For more information about STEPS, click here to visit our website and don't forget to like us on Facebook.

In This Issue

CT Social Host Law

Big Bowl Vote

E-cigarettes

Smoking Cessation

Healthy Family FunFest

Lock It or Drop It

Generation Rx

STEPS T-shirts

Southington Serves

How much do You Know about the CT Social Host Law? Take our Quiz!



Do you know about the CT Social Host Law? Click here to test your knowledge with [this quiz!](#)

The Big Bowl Vote



According to Nielsen, 112.2 million viewers tuned in for this year's Super Bowl, making it the most-watched U.S. television broadcast in TV history. However, individuals, especially youth, tuned in for the commercials as much as they did for the game.

Of that wide viewing audience, about 18% will be youth under 21... If your child (student) is one of them, he or she will be exposed to alcohol advertising. That is why you need to GET IN THE GAME! [Click here for more information.](#)

E-cigarette Ads and Youth



More than 18 million (7 in 10) US middle and high school youth were exposed to e-cigarette ads in 2014. Why is this a problem and what is being done about it? [Click here](#) to read the CDC's latest information.

Smoking Cessation Classes Offered to Southington Residents

Thinking about quitting?

Worried about a friend or family member who smokes, but
don't know how to help??
Come to a QUIT Clinic...
Quick Useful Info about Tobacco

- Nicotine addiction vs. Unwanted habit
- The benefits of quitting
- Strategies for coping with cravings & withdrawal
- Approved "tobacco cessation" medications
- The truth about E-cigarettes
- Meet successful quitters...who are alumni
from "The Be Tobacco Free Program"

Meetings are held most Tuesdays at 5:30 pm in the Clinic
at 165 Miller Street, Meriden

For more info call (203) 630-4003 or e-mail
BeTobaccoFree@meridenct.gov

Visit us at the AquaTurf for the Healthy
Family FunFest



Stop by the STEPS table at the Hartford
Hospital/YMCA's Healthy Family FunFest on Sunday,
February 28th at the AquaTurf.



Lock It or Drop It Campaign



The Lock It or Drop It Campaign is designed to educate and encourage residents to dispose their unwanted or unused prescription medications at the Permanent Medication Dropbox, located in the lobby of the Southington Police Department. If the prescription medications are not ready to be disposed and are still being used, please lock or secure them in a safe location so they do not fall into the wrong hands. You can help this campaign by sharing this information with family and friends. [View the PSA for the new Lock It or Drop It Campaign here.](#)

Generation Rx: Prescription Drug Abuse



Learn about the statistics of prescription drug abuse, common myths and what you can do from the University of St. Joseph School of Pharmacy. [Click here to read Generation Rx.](#)

STEPS T-Shirts



If you are interested in getting a STEPS t-shirt, they are available in our office in Youth Services for a suggested donation of \$10. Contact us today at southingtonsteps@gmail.com!

Southington Serves



Looking for volunteers to help out at an event or on a community project? Visit the [Southington Serves section](#) on our town website to find the form to submit your volunteer opportunities.

Looking for volunteers?



SOUTHINGTON SERVES IS THE SOLUTION!

Visit www.southington.org/southingtonserves

Volunteer opportunities can be anything from a few hours to full day events. Students throughout the Southington community are always looking for ways to get involved.

Southington Serves is brought to you by the Southington STEPS Coalition.

Questions? Contact Youth Services at 860-276-6281.

[Forward this email](#)

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